



nutrients



an Open Access Journal by MDPI

Nutritional Supplements, Exercise and Muscle

Guest Editors:

Dr. Jisu Kim

Dr. Jonghoon Park

Dr. Jooyoung Kim

Deadline for manuscript
submissions:

25 December 2024

Message from the Guest Editors

Skeletal muscle, responsible for movement and locomotion, constitutes a primary system intricately linked to energy metabolism, thermoregulation, respiratory function and the secretion of hormones, crucial for life support. Consequently, maintaining and improving muscle mass is crucial for enhancing the overall quality of life, ensuring survival and mitigating the onset or progression of diverse metabolic diseases. The quantity and quality of skeletal muscle can be altered through plasticity, with exercise and nutrition being essential considerations. While numerous studies have highlighted the significance of exercise and nutrition interventions for skeletal muscle health and diseases, the need for a deeper understanding of the mechanisms by which exercise and nutrition strategies maintain and improve skeletal muscle remains.

This Special Issue welcomes the submission of manuscripts including the following topics: nutrition and exercise effects on skeletal muscle plasticity; metabolism, nutrition and exercise; exercise, nutritional supplements and skeletal muscle.



mdpi.com/si/203243

Special Issue



nutrients



an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación
Biomédica en Red Fisiopatología
de la Obesidad y la Nutrición
(CIBEROBN), Institute of Health
Carlos III, 28029 Madrid, Spain
2. Research Institute of
Biomedical and Health Sciences
(IUIBS), University of Las Palmas
de Gran Canaria, 35001 Las
Palmas, Spain
3. Preventive Medicine Service,
Centro Hospitalario Universitario
Insular Materno Infantil (CHUIMI),
Canarian Health Service, 35016
Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional
Sciences, University of
Connecticut, Storrs, CT 06269,
USA

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Contact Us

Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
[X@Nutrients_MDPI](https://x.com/Nutrients_MDPI)